



Summer BOW
August 2-4, 2013
Lubrecht Forest



Montana Fish, Wildlife & Parks

GENERAL INFORMATION

Registration: All successful applicants will be notified with a letter of confirmation and directions to the Lubrecht Forest. A waiting list will be generated also. Unsuccessful applicants will receive a full refund.

Cancellation deadline: Cancel on or before July 20, 2013, to receive a full refund. Cancellations made between July 21 and July 27 will incur a \$40.00 processing fee deducted from your refund. Cancellations between July 28 and August 1 will incur a \$100 processing fee deducted from your refund. You may also choose to send a substitute.

Lubrecht Forest: Located near the Blackfoot-Clearwater junction, Lubrecht Experimental Forest is a research and education center operated by the University of Montana. Lubrecht is located 30 miles northeast of Missoula on Highway 200.

- **The Camp** – Lubrecht has a conference center with meeting rooms, lodging and a dining hall accessible to individuals with disabilities. Paved trails connect these areas. Lubrecht can accommodate special dietary needs for an additional fee. No smoking is permitted in the buildings. No dogs (except service dogs) are permitted at the camp.

- **Lodging** – Participants can choose from the following options. The **Lodge** provides accessible dormitory style rooms with 2 single beds with linens and a bathroom down the hall. The rustic **Cabins** sleep up to 6 people and have bunk beds and electricity. Shared shower-bathroom facilities are located a short walk from the cabins. Cabin dwellers must bring their own pillow, sleeping bag or bedding. Participants are welcome to bring **tents or campers**. No pads or hookups are available.

What to Bring: The weather in Montana can change very quickly so pack warm clothes and rain gear. Items to bring include hiking boots or walking shoes, a water bottle, hat, sunscreen and insect repellent and flashlight or headlamp. Many classes are held outside (rain or shine) so come prepared.

Special Needs: If you have a disability, medical condition or restrictive diet requirements, please indicate them with your registration. We will attempt to accommodate your needs. Requests for special meals will incur an additional fee set by Lubrecht Forest.

Equipment: If you participate in a fishing, archery, compass or GPS class, please feel free to bring your own equipment. If you do not have equipment it will be provided. **Please do not bring firearms.**

Hunter Education Certificates: Participants in the Beginning Shotgun and Beginning Rifle classes must attach/enclose a copy of their hunter education certificate or NRA certificate. If none, you must have attended the BOW Basic Gun Handling class at this or a previous workshop.

Door Prizes: Participants will have a chance to win door prizes and raffle items at the workshop. Registrations postmarked by June 30th will received a free raffle ticket in their registration packet. If you know a business that would like to donate a door prize, please have them contact us. We like to showcase Montana businesses and products.

Silent Auction: This has become a fun tradition at the workshop. We invite participants and instructors to bring items for the silent auction. Then bid on items that interest you.

BOW Gift Shop: BOW logo clothing and other useful items are available for purchase during the workshop. All proceeds from the gift shop and silent auction go back to support the Montana BOW program. Cash, credit card and checks accepted.

Car Pool: If you are interested in car-pooling then check the box on the registration form. We will generate a contact list and send it to those who request it so you can make your own car-pool arrangements.

Wildfires: Unfortunately, Montana has suffered from drought conditions off and on for the last several years. If the workshop were cancelled due to the fire danger, all persons registered will receive a full refund.

Contact Information:

Montana Fish, Wildlife & Parks – (406) 444-2535
TTY/TDD – Telephone Device for the deaf – (406) 444-1200

BOW Book Club - Book lovers are invited to join the book discuss group at Summer BOW. We'll discuss ***A Woman's Way West: In & Around Glacier National Park from 1925 to 1990*** by John Fraley of Kalispell. Read about the romance, determination, happiness, tragedy, failure and success of Doris Huffine. The story center on Doris' intriguing life from her birth in Iowa in 1901, to work in Glacier Park and life in the Flathead Valley.

2013 WORKSHOP SCHEDULE

FRIDAY, AUGUST 2, 2013

10:00 am - 12:00 am Participant Check In
11:30 am – 12:00 pm Welcome and Overview
12:00 pm - 1:00 pm Lunch

Session I - 1:00 pm to 4:30 pm

1A Basic Gun Handling
1B Birding Basics
1C Wilderness Survival
1D Butterflies of Western Montana
1E Beginning Plant Identification
1F Beginning Fly Fishing
1G Dutch Oven Cooking

4:30 Social Hour - Dutch Oven Samples
5:00 pm BOW Book Club Meets
6:30 pm Dinner
7:30 pm Evening Program

SATURDAY, AUGUST 3, 2013

7:00 am - 8:00 am Breakfast

Session II - 8:00 am to 11:30 am

2A Beginning Rifle**
2B Early Bird Walk
2C Map & Compass
2D Introduction to Archery
2E Intermediate Plant ID: Riparian Areas
2F Beginning Fly Fishing
2G Beginning Bait and Lure Fishing
2H Designing the Native Garden**

**** Prerequisite required for this class.**

12:00 pm - 1:00 pm Lunch

SATURDAY, continued

Session III - 1:00 pm to 4:30 pm

3A	Beginning Shotgun**
3B	Introduction to GPS
3C	Wilderness Survival
3D	Introduction to Archery
3E	Dutch Oven Cooking
3F	Basic Fly Tying
3G	Bait & Lure Fishing on the Water**
3H	Beginning Recreational Kayaking
4:30 pm	Social Hour - Dutch Oven Samples
6:00 pm	Dinner
7:00 pm	Evening Program
8:30 pm	Door Prizes and Silent Auction

SUNDAY, AUGUST 4, 2013

7:00 am - 8:00 am Breakfast

Session IV- 8:00 am to 11:30 am

4A	Map and Compass Field Course**
4B	Early Bird Walk
4C	Journaling & the Art of Observation
4D	Camping & Outdoor Cooking
4E	Intermediate Plant ID: Upland Forest
4F	Fly Fishing on the Water**
4G	Basic Fly Tying
4H	Beginning Recteational Kayaking

11:30 am to 12:30 pm Lunch

**** Prerequisite required for this class.**

Pack up and drive home safely.

WORKSHOP DISCRIPTIONS

1A. Basic Gun Handling - This class will cover various types of firearms, the basics of firearm safety, and information on selection and purchasing guns. Instructors **Wendy Kamm**, **Twana Bourke** and **Kathy Irwin** are hunters and Hunter Education Instructors. No actual shooting will take place. *This class is a prerequisite for anyone who does not have a hunter education or NRA certificate and wishes to register for the rifle class (2A) or shotgun class (3A).*

1B. Birding Basics - There's more to birds than bright colors and pretty songs. Just what is a feather? Why do some birds migrate hundreds of miles while others endure Montana winters? Why do birds sing? What's the best way to watch birds? Why are field guides organized the way they are and what's the best way to use one? Wildlife biologist and avid birder **Pat Jamieson** will share these birding basics as well as hints and tidbits on the best techniques for bird watching. This is a good class to take prior to the Early Bird Wald classes 2B and 4B.

1C. Wilderness Survival - Any outdoor activity can quickly go from fun to an unpleasant or potentially dangerous situation. Don't go outdoors unprepared! Learn the skills you'll need to survive an unexpected night(s) outdoors. Instructor **Chris Dover** trains search dogs and volunteers with a search dog rescue group. She will discuss shelter building, fire making, proper clothing and woods awareness.

1D. Butterflies of Western Montana - Learn why butterflies are more than just a pretty insect. FWP wildlife biologist **Kristi DuBois** will share the butterfly's natural history and life cycles. This class will stroll through the mountain meadows to observe the markings and behaviors to look for when identifying common families and species. We'll also discuss butterfly conservation and photography.

1E. Beginning Plant Identification - This class, led by **Jan Nixon**, will expose participants to basic terminology, observation techniques, and helpful field guides and ID books. You'll have lots on "hands-on" identification of trees, shrubs and flowering plants while rambling around the meadows and forests near camp. This class is for someone with no previous formal experience with plant identification.

1F. Beginning Fly Fishing - Learn the basics of casting, tying knots and choosing flies and equipment appropriate to the streams and rivers of Montana with **Jane Latus-Emmert** and **Jim Vashro**. Jim is an FWP Fisheries Manager and Jane has been fishing Montana's rivers for years. Class is held at the camp. Fishing equipment will be provided, or bring your own. *This class is a prerequisite for the Fly Fishing on the Water class 4F.*

1G. Dutch Oven Cooking – Learn the “art” of Dutch oven cooking with **Robert Dowdy** and see how easy outdoor cooking can be. Robert is an avid Dutch oven cook and enjoys cooking and sharing his dishes with others. Participants will prepare dishes which will be served as appetizers during social hour Friday and Saturday evening.

2A. Beginning Rifle - Hunter Education Instructors **Wendy Kamm, Twana Bourke, Kathy Irwin** and **Wayde Cooperider** will teach basic rifle shooting techniques. You’ll have an opportunity to shoot .22 caliber and larger caliber rifles. *** Participants must take the Basic Gun Handling class at a BOW workshop between 2011 and this year’s workshop or attach a copy of their hunter ed or NRA certificate with their registration.*

2B. Early Bird Walk - Join wildlife biologist and bird lover **Pat Jamieson** for an early morning bird watching adventure. We will meet before breakfast, take a break to eat, and then continue for a few hours afterwards. Pat will cover the basics of using binoculars and field guides. Bird biology and identification tips will be shared throughout the morning. Binoculars and bird field guides will be available to borrow, or bring your own. Dress for cool (windy or rainy) Montana mornings. Both beginner and veteran bird watchers are welcome. Beginners may benefit by taking the **Basic Birding** Class 1B.

2C. Map & Compass - Do you own a compass? Then learn how to correctly use it. Knowledge of land navigation skills is important for travelers in the backcountry. Bring a compass (or we’ll loan you one) and learn to navigate with confidence. **Darlene Edge**, avid outdoors-woman, will teach you how to use a compass and read a topographic map. Some outdoor exercises are involved so dress accordingly. *This class is a prerequisite for the Map & Compass Field Course class 4A.*

2D. Introduction To Archery – Archery instructors **Cherrie Angel** and **Lorraine Karwaski**, both avid outdoors-women, will teach you how to select bows and arrows and show you other basic archery equipment. Participants will take part in stationary and aerial shooting and learn archery games. Bring your personal bow or one will be provided for you.

2E. Intermediate Plant ID: Riparian Areas – If you’ve already had some experience with the basics of plant ID (at BOW or elsewhere) and you are ready for more, this class will emphasize family characteristics and plant communities, as well as lots of identification of specific plants that occupy the stream-sides, pond and marshy areas near camp. Water is key to the presence of many species not able to survive in drier habitats. Bring a 10x hand lens if you have one. The instructor is **Jan Nixon**. If you are interested in forest plants see Class 4E.

2F. Beginning Fly Fishing – Repeat of Class 1F.

2G. Beginning Bait & Lure Fishing – Get ready to fish with instructors **Jan Thon** and **John Cloninger**. This class is an introduction to the equipment and skills necessary for a novice to begin fishing on the lakes and rivers of Montana. Participants will learn about fish habitat, equipment selection, choosing bait and lures, knot tying and casting using spinning rods. Jan & John are aquatic education instructors for FWP. *This class is a prerequisite for the Bait & Lure Fishing On The Water class 3G.*

2H. Designing the Native Garden – Turn your yard or garden into a wildlife-friendly native plant refuge. Join **David Schmetterling** and **Marilyn Marler** and learn to use drought tolerant native plants to create a yard that is environmentally friendly and affordable. You’ll visit David and Marilyn’s beautiful garden in Missoula to see how to create “homes” and natural food sources to attract wildlife to your yard. ***Participants must attend a pre-class orientation on Friday evening. Bring your garden plans (sketch of your yard or an aerial photograph) for discussion during the class.*

3A. Beginning Shotgun – Hunter Education Instructors **Randy Allen** and **Jim Dunn** will teach basic shotgun shooting techniques. Learn about different types of shotguns, patterning and shot shell ammunition. Participants will learn proper shooting stance, gun fit, basic shooting techniques and shotgun safety while shooting at clay targets. *** Participants must take the Basic Gun Handling class at a BOW workshop between 2011 and this year’s workshop, or attach a copy of their hunter ed or NRA certificate with their registration.*

3B. Introduction to GPS - Learn the basics of a GPS (Global Positioning System) and how a GPS can be useful to you. Instructor **Darlene Edge** will show you how to set up a GPS unit and interpret what it’s telling you. We provide the GPS units for you to use. Learn the terminology and functions then do some hiking and get practical hands-on experience looking for and locating coordinates.

3C. Wilderness Survival - Repeat of class 1C.

3D. Introduction To Archery – Repeat of class 2D.

3E. Dutch Oven Cooking – Repeat of class 1G.

3F. Basic Fly Tying – Learn about fly tying techniques, materials, tools, and fly types as you create flies for your next fly fishing trip. Instructor **Dave Hagengruber** is the Aquatic Education Coordinator for FWP. The class will tie wet and dry flies and will learn about the life cycle of the bugs they imitate. If you use cheater glasses please bring them to class.

3G. Bait & Lure Fishing on the Water – Get ready to fish while you practice your casting technique and try different bait or lures. You'll travel to fishing water near the camp and fish for whatever is biting. The Fishing Instructors will help you 'read' the water and (hopefully) teach you how to land and release a fish. ** Participants must have completed Beginning Bait & Lure Fishing class 2G or at a previous BOW workshop.

3H. Beginning Recreational Kayaking – Wide and stable recreational kayaks are the perfect platform for people of all ages to enjoy wildlife viewing, fishing, photography and even camping on Montana's waters. Learn the basic of kayaking with **Ben Schmidt**, FWP Blackfoot River Ranger. Bring a sense of adventure; plus water shoes, old sneakers or water sandals; quick-dry clothing; and a leash for your glasses or anything else you might drop overboard!

4A. Map & Compass Field Course - Bring your water bottle and hiking boots and put your navigation skills to work. This class is designed to let you practice what you learned in the previous Map & Compass class, taught by **Darlene Edge**. ** Participants must have completed Map & Compass class 2C or at a previous BOW workshop.

4B. Early Bird Walk – Repeat of class 2B.

4C. Journaling and the Art of Observation – Learn how to quietly observe nature, reflect on what you see, how you see it, and express this in a journal using words and images. This class is taught by **Linda Musick** and **Cherrie Angel** and is designed for any artistic skill level. You'll learn to develop an intimate relationship with the natural world, discover insights to ourselves, and have fun doing so. Bring a journal and the medium of your choice (pencil, pen, watercolors).

4D. Camping & Outdoor Cooking - Do you want to try camping but don't know how to get started? Join REI instructor **Jeanne Cox** and learn about the types of gear and equipment you can use from car camping to back-packing that will keep you warm, dry and safe. You'll learn the Leave No Trace principles of outdoor recreation. This class will also cover setting up a kitchen and cooking outdoors. See how easy it is to make easy and fun meals the whole family will enjoy. Camping is a fun and affordable way to take a vacation – so let's go camping!

4E. Intermediate Plant ID: Upland Forest - If you've already had some experience with the basics of plant ID (at BOW or elsewhere) and you are ready for more, this class will emphasize family characteristics and plant communities, as well as lots of identification of specific plants that occupy the upland forest of the Garnet Mountains. A few hundred feet elevation gain, differences in soils, and degree of slope all combine to present a very different array of plant species from those found near water. Bring a 10x hand lens if you have one. The instructor is **Jan Nixon**. If you are interested in riparian plants see Class 2E.

4F. Fly Fishing on the Water - Spend a relaxed morning practicing your new fly fishing skills. This class gives you plenty of time to develop your casting technique. Fly fishing instructors will be on hand to help you 'read' the water and (hopefully) teach you how to land and release a fish. ** Participants must have completed Beginning Fly Fishing class 1F or 2F at this workshop.

4G. Basic Fly Tying – Repeat of class 3F.

4H. Beginning Recreational Kayaking – Repeat of class 3H.



2013 Montana Sponsors

Backcountry Horsemen of the Flathead -- www.bchmt.org

Bigfork Gun Club – Bigfork -- www.bigforkgunclub.com

Butterfly Properties LLC– Missoula-- www.butterflypropertiesllc.com

Capital Sports & Western – Helena -- www.capitalsportsmt.com

DOC's Sandwich Shop – Missoula -- www.docsgourmet.com

Montana Fish, Wildlife & Parks -- fwp.mt.gov

Montana Native Plant Society -- www.mtnativeplants.org

US Fish & Wildlife Service -- www.fws.gov

National Sponsors

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UWSP Foundation

U Of W - Stevens Point, College of Natural Resources

REGISTRATION FORM
BECOMING AN OUTDOORS WOMAN
Lubrecht Forest - Greenough, Montana

August 2-4, 2013

Separate these 2 pages from the rest of the brochure
and return the completed form with your payment.

Registration forms may be faxed (if paying by credit card)
or mailed. Registrations will not be accepted by phone,
by email or on forms other than this one. Registration fee
must be included with this form.

Enrollment is limited. Spaces will be filled as registrations
are received.

Only one person may register per form.

Name: _____

Address: _____

City/State/Zip: _____

Day Phone: _____ Other Phone: _____

Email : _____

Birth Year : _____

Age Limit : 18 years of age or older

I attest that I am at least 18 years old. I acknowledge that my participation in the Becoming an Outdoors Woman Workshop sponsored by Montana Fish, Wildlife & Parks, involves some risk of personal injury. The risk of personal injury may come from poor weather, accidents, natural disasters or other hazards created by my own actions or the actions of others, over which the department has no control. By signing below, I accept responsibility for all personal injuries that may result from my participation, and I agree to hold the State of Montana, Montana Fish, Wildlife & Parks and Lubrecht Forest harmless from and against any claim. I understand that photos/videos may be taken for promotion of the program.

Signature

Date

Workshop Fee - includes instruction in classes,
class materials and use of demonstration equipment.

_____ \$270 includes lodging in a dorm and meals.

_____ \$200 includes lodging in a cabin and meals.

_____ \$180 includes tent/camper space (circle one) and meals.

_____ \$150 includes meals; I have my own lodging off camp.

☐ Check or money order enclosed. Make payable to FWP

☐ Bill Credit Card ☐ Visa ☐ Master Card

Name as it appears
on credit card: _____

Card # _____

Expires: _____ / _____
(month) (year) (pin #)

☐ **Scholarships** - A limited number of \$100 scholarships are available for Montana residents who are first-time participants. Please submit a one-page letter explaining your needs and why the scholarship would benefit you. Recipients will stay at the camp and should include a check for the balance of the workshop fee (\$170 or \$100). Preference is given to full-time students and singleparent households.

Circle your t-shirt size: S M L XL XXL XXXL

- ☐ Teachers - I would like to receive OPI Renewal Units
- ☐ Release my name & phone # for carpooling purposes.
- ☐ I'll participate in the Book Club on Friday afternoon.

Roommate preference: (List up to 2 names only)

Complete if staying in dorm:

My room/cabin preferences:

- ☐ Quiet Room (early nights) ☐ Lively Room (late nights)

Please check if bringing your own equipment:

- ☐ Fishing ☐ Compass ☐ Archery Bow

Make checks payable to: **FWP**
 Mail registration form and fee to:
 FWP-BOW
 PO Box 200701
 Helena MT 59620-0701
 Fax number 406-443-2561

No registrations will be accepted by phone, by email, or on forms other than this one. Enrollment is limited. Classes and lodging will be filled as registrations are received.

Do Not Write Below This Line

Date _____ Amount _____ By _____

Lodging _____

CONCURRENT SESSIONS

Please Read Instructions

Select your top (5) class choices by ranking them from 1 to 5 (1 being your first choice) in each session. Classes are filled in the order in which the registrations are received. Strike-out classes that you don't wish to take part in.

() See workshop descriptions for prerequisites for these classes.**

FRIDAY August 2	SESSION I	1:00 pm to 4:30 pm
	_____ 1A	Basic Gun Handling
	_____ 1B	Birding Basics
	_____ 1C	Wilderness Survival
	_____ 1D	Butterflies of Western Montana
	_____ 1E	Beginning Plant Identification
	_____ 1F	Beginning Fly Fishing
SATURDAY August 3	_____ 1G	Dutch Oven Cooking
	SESSION II	8:00 am to 11:30 am
	_____ 2A	Beginning Rifle**
	_____ 2B	Early Bird Walk
	_____ 2C	Map & Compass
	_____ 2D	Introduction to Archery
	_____ 2E	Intermediate Plant ID: Riparian Areas
SUNDAY August 4	_____ 2F	Beginning Fly Fishing
	_____ 2G	Beginning Bait and Lure Fishing
	_____ 2H	Designing the Native Garden**
	SESSION III	1:00 pm to 4:30 pm
	_____ 3A	Beginning Shotgun**
	_____ 3B	Introduction to GPS
	_____ 3C	Wilderness Survival
	_____ 3D	Introduction to Archery
	_____ 3E	Dutch Oven Cooking
	_____ 3F	Basic Fly Tying
	_____ 3G	Bait & Lure Fishing on the Water**
	_____ 3H	Beginning Recreational Kayaking
	SESSION IV	8:00 am to 11:30 am
	_____ 4A	Map and Compass Field Course**
	_____ 4B	Early Bird Walk
	_____ 4C	Journaling & the Art of Observation
	_____ 4D	Camping and Outdoor Cooking
	_____ 4E	Intermediate Plant ID: Upland Forest
	_____ 4F	Fly Fishing on the Water**
	_____ 4G	Basic Fly Tying
	_____ 4H	Beginning Recreational Kayaking